

# DBH Wellness Course *Healthy Eating*



## WHEN

August 16<sup>th</sup>, 2016  
3:00pm - 4:00pm

## WHERE

Victor Valley Behavioral Health  
Conference Room  
12625 Hesperia Road  
Victorville, CA 92392

## REGISTER

<http://dbh.training.reliaslearning.com>



**Note:** All participants attending this class must be in accordance with the DBH Dress Code Policy.

*This class session is for DBH Staff only and can be attended on County time.*

## What is it about?

Show your employees what a healthier diet can do for them, including lowering the risk of certain chronic conditions. They'll discuss the tricks to eating well and making healthy snack choices for better nutrition.

## Raffles for attending!

- ◆ \$50.00 gift card
- ◆ duffle bag gym kit

## Giveaways for attending!

Plus, the *first*



**10 participants to register & attend this class** will receive a Lock & Lid lunch container.

## For assistance,

call (800) 722-9866 or

email [training@dbh.sbcounty.gov](mailto:training@dbh.sbcounty.gov)

**For alternate communication methods, call (800) 722-9866.**